Saint Johanna of Éiuland

by

Richard Mc Sweeney

NAOMH SIOBHÁN AN ÉRIU

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Naomh Siobhán an Ériu

By

Risteárd Mac Suibhne
Richard Mc Sweeney

SAINT JOHANNA OF ÉRIULAND

Naomh Siobhán an Ériu

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ISBN: 978-1-4452-0730-8

Publisher
Lulu.com on behalf of the author: Richard Mc Sweeney

Cover photograph
The majestic Galtee Mountains as viewed from the R513,
at about 52°35’70”N, -8°31’61”W in County Limerick
at 18:43 on Friday, 26th July 2024.

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Dedication

To my ever-present beloved mother
Siobhán Ni hÉalaighthe
Hannah/Johanna/Joan Healy Mc Sweeney
born within view of the River Funshion at
Laharn, Glanworth, County Cork on Tuesday,
7th July 1936 and passed away within
view of Conna Castle, County Cork
on Sunday, 20th June 2021.

A picture of my mother and me taken by my father
Richard Mc Sweeney (1923-1985) on Sunday, 4th March 1956
in the garden of our first home: 'The Avondhu Lodge'
52°14'02"N, -8°28'98"W, Grange Road, Fermoy, County Cork.
Interestingly, I have always had a love for fountains; there is
something about them gives me endless fascination.

Ma & Da are buried side by side in Kilcrumper New Cemetery,
Ballyvoskillakeen, Fermoy, County Cork.
52°16'19"N, -8°.27'70"W.

True Saint

“I have been privileged to have
shaken hands with two
saints of the Church:
Pope John Paul II and
Mother Theresa of Calcutta, but
I have known thus far in my life
only one truly saintly person and that is
our Mother for she loved unconditionally,
a good word for everyone she always had
without giving it a second thought;
for being a good person was something
that came very naturally to her.”

From my ‘Eulogy for Ma’s Requiem Mass’
Saint Martin’s Church, Kilworth, County Cork
Wednesday, 23rd June 2021
52°17’37”N, -8°24’01W.”

Preface

I imagine the following in natural flow are words in a similitude of content and tone that my true to life saintly mother would have from out of the depths of her unmerited neurocognitive captivity spoken most belovingly onto me, if she could, there over in the dawning of her departing day.

The phrase “Ard Rí, mo ghrá thu” which appears throughout carries the following meaning. The term ‘Ard Rí’ is an inversion and affectionate play on the Gaeilge for Richie, Richard: Risteárd and comes to literally mean ‘High King’. The phrase ‘Mo ghrá thu’ carries here the meaning: ‘A precious of my heart.’ Put together, the phrase can mean: ‘High King, a cherished of my heart.’ From babyhood my mother always gave me the awesome feeling that in spite of my many disadvantages, I was at least in her arms; in her eyes and in her beautiful maroon coloured carriage (pram), and later at her table and about our garden and in the fields about Boherderroge and along by the banks of the River Funshion most assuredly kingly material. Was she aware of something in me that I have as of yet not been able to see? Who knows, but it seems assuredly at least to me that mothers; all mothers have to varying degrees certain abilities that can only best be described as godlike.

The work's sole literary inspiration was
Elizabeth von Arnim's marvellous
1922 novel *The Enchanted April*.
It is my impression that Ma would have
greatly enjoyed reading that work.

Saint Johanna of Ériuland though untitled as
such, first saw the light of day as a
calendar of daily good thoughts
for the leap year 2024.

Richard Mc Sweeney
Tuesday
20th August 2024

Hereby

Presenteth

with

lucidity

In

this cordial place

are The verbatim

Months remind

Of

Saint Johanna

of

Ériuland

as imparted on

Diluculum dies Solis
ante diem xii Kalendas Iulias
anno MMXXI

locus est
Borealis 52°09’13”
Occidentalis -8°10’47”

Mí Eanáir

For all
Januaries
Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 January

Take up a book and without
deliberation, flip through some pages;
stop where you will and read
what therein you find.”

“Ard Rí, mo ghrá thu

2 January

You will be unaware of
the meaning of something as it is
happening; only later will you
begin to appreciate.”

“Ard Rí, mo ghrá thu

3 January

Something will be settled for you
before you even realise it.”

“Ard Rí, mo ghrá thu

4 January

Get up and go over to a window;
look out and wonder at the
world beyond your dwelling.”

“Ard Rí, mo ghrá thu

5 January

Saint Johanna of Ériuland
Speaks, Saying:

Something; some things will not be meant for you; some things will; accept both with gratitude.”

“Ard Rí, mo ghrá thu

6 January

Address yourself to the day as one who appreciates every given moment of it.”

“Ard Rí, mo ghrá thu

7 January

In the whole world you possess of your very own a body: a mind, heart, stomach and garden of eden.”

“Ard Rí, mo ghrá thu

8 January

Put something away as a shield and a refuge against a rainy day.”

“Ard Rí, mo ghrá thu

9 January

Put your mind’s eye on something wonderful; even for a few moments.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
10 January

Encourage yourself to prepare for something; then go right ahead and prepare it.”

“Ard Rí, mo ghrá thu
11 January

Providence has an amazing way of providing; you can place your trust in Providence.”

“Ard Rí, mo ghrá thu
12 January

Cross a world of your ideas with the intention of bringing back some new insights.”

“Ard Rí, mo ghrá thu
13 January

Be absorbed in something; something extraordinary.”

“Ard Rí, mo ghrá thu
14 January

There is someone you know by

sight but have never greeted;
today, should you happen
to see them, say hello.”

“Ard Rí, mo ghrá thu

15 January

Allow not yourself to be
drawn into points of view which
are unnatural to you.”

“Ard Rí, mo ghrá thu

16 January

Be not bothered if you are not
noticed; such may very well be;
at least for the time being,
a blessing in disguise.”

“Ard Rí, mo ghrá thu

17 January

A person’s face may appear to be
non-arresting; their conversation
somewhat reluctant; yet they
may be just shy.”

“Ard Rí, mo ghrá thu

18 January

Saint Johanna of Ériuland
Speaks, Saying:

At times enjoy being prudent; never
say a word too much, nor, on
the other hand, never say
a word too little.”

“Ard Rí, mo ghrá thu
19 January

Sometimes, there are opportunities
you can’t afford to miss; attend
and take it from there.”

“Ard Rí, mo ghrá thu
20 January

Obey an admirable impulse;
at the same time enjoy
wondering at why you
are obeying it.”

“Ard Rí, mo ghrá thu
21 January

Allow yourself the pleasure of
continuing to gaze with dreamy
eyes at something; even
at someone.”

“Ard Rí, mo ghrá thu

Saint Johanna of Ériuland
Speaks, Saying:

22 January

There will be a moment today when
you will not know why you want
to do or say something, yet
do and say it you will.”

“Ard Rí, mo ghrá thu
23 January

Have your talking with someone
be a mutually refreshing
experience.”

“Ard Rí, mo ghrá thu
24 January

Enjoy picturing what something
would be like; play with sights, sounds,
fragrances and colours.”

“Ard Rí, mo ghrá thu
25 January

Today is not yesterday re-presented
nor will tomorrow be the same
as today; day after day is
day after day.”

“Ard Rí, mo ghrá thu
26 January

Saint Johanna of Ériuland
Speaks, Saying:

Allow yourself in conversation
a moment to gaze upon the
other's complexion:
without saying anything."

"Ard Rí, mo ghrá thu
27 January

Don't suppose that you have to
classify people under this, that
and the other heading; take
people as they are."

"Ard Rí, mo ghrá thu
28 January

What you are saying may be
diminished by the sound of what
you are hearing yourself say:
without this listening speak."

"Ard Rí, mo ghrá thu
29 January

Not everybody you meet today
will be in need of advice; rather
be ready you to patiently
receive some advice."

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

30 January

At least once before the sun sets
on this day, lay your hand
softly and caressingly in
a beloved’s palm.”

“Ard Rí, mo ghrá thu

31 January

Let come to your mind the thought:
Wouldn’t it be wonderful?”

Mí Feabhra

For all
FEBRUARIES
Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
1 February

There is no such thing as wasting your time momentarily imagining something most pleasing; a moment well spent it is.”

“Ard Rí, mo ghrá thu
2 February

Sometimes a name or a place at first won’t seem to convey anything special to you or for you; give them time.”

“Ard Rí, mo ghrá thu
3 February

There is a time for dignified silence on your part and earnest apology on the other; the reverse also holds full true.”

“Ard Rí, mo ghrá thu
4 February

Don’t let yourself become accustomed to having your pronouncements accepted

Saint Johanna of Ériuland
Speaks, Saying:

without question.”

“Ard Rí, mo ghrá thu

5 February

If you want something wonderful
don’t just be saying to yourself
‘Oh, how wonderful!’
Lift a finger to make it happen.”

“Ard Rí, mo ghrá thu

6 February

Be not afraid to let something
happy happen to you; every now
and then it is good to take
a break: create intervals.”

“Ard Rí, mo ghrá thu

7 February

Being told something on the very
highest authority doesn’t
necessarily always make it true;
investigate some more.”

“Ard Rí, mo ghrá thu

8 February

Allow yourself to be stirred out

of sleep when it comes to
knowing what is going on in
the world right now.”

“Ard Rí, mo ghrá thu
9 February

Let not your stability be effected by
the unbalanced; it is understandable
if you should feel quite
wobbly at times.”

“Ard Rí, mo ghrá thu
10 February

Life can be extraordinarily delightful;
there being many delightful things
you can do: them do.”

“Ard Rí, mo ghrá thu
11 February

Illumine and steady your mind;
let your thoughts carry you
outside yourself.”

“Ard Rí, mo ghrá thu
12 February

True joys are to be found right

in your surround.”

“Ard Rí, mo ghrá thu

13 February

Let not your beloved; your beloved ones become second only to anything or anyone.”

“Ard Rí, mo ghrá thu

14 February

Don’t shut out anything that would remind you of beautiful things that took place in the wings.”

“Ard Rí, mo ghrá thu

15 February

You may vaguely see things in your mind: like unto a sudden vision of sorts that will happen, and happen they will.”

“Ard Rí, mo ghrá thu

16 February

If going on being good is making you miserable, then that is not good for being good

makes you feel good.”

“Ard Rí, mo ghrá thu

17 February

Let not yourself find yourself in a state of mind where you can’t think; where you simply don’t know what best to do.”

“Ard Rí, mo ghrá thu

18 February

If you fully believe that You Know Not What has always been taking the very best care of you, then be fully contented.”

“Ard Rí, mo ghrá thu

19 February

Sometimes you won’t be able to find the exact right words to say; open your mouth and let your tongue talk.”

“Ard Rí, mo ghrá thu

20 February

You may have difficulty coping

Saint Johanna of Ériuland
Speaks, Saying:

with a sudden longing for some
self-indulgence when you have
never had such a desire.”

“Ard Rí, mo ghrá thu
21 February

Calmness and wisdom have a direct
correlation as does
contentment and knowledge.”

“Ard Rí, mo ghrá thu
22 February

Leaping at conclusions can be
very disconcerting, especially if
they turn out more oft than
not to be wrong.”

“Ard Rí, mo ghrá thu
23 February

If you are feeling guilty about
something, it could mean you
haven’t well enough
thought things through.”

“Ard Rí, mo ghrá thu
24 February

Saint Johanna of Ériuland
Speaks, Saying:

Don’t be trying to find obscure
reasons not to do something
that will most assuredly
make you feel happy.”

“Ard Rí, mo ghrá thu
25 February

Let yourself be extraordinarily
moved: feel happy, feel afraid and
even if you want a little guilty.”

“Ard Rí, mo ghrá thu
26 February

No fun is there to be had by
introducing the idea of
predestination into your morning,
afternoon, eve or night.”

“Ard Rí, mo ghrá thu
27 February

Have the courage: when needs be,
to deflect an idea from its
intended destination.”

“Ard Rí, mo ghrá thu
28 February

Saint Johanna of Ériuland
Speaks, Saying:

Don’t be shy about asking
You Know Not What
for some intellectual, spiritual
or emotional guidance.”

“Ard Rí, mo ghrá thu

29 February

Don’t be overly concerned if your
courage from time to time
fails you; courage is no
small matter.”

Mí an Mhárta

For all

marchS

Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 March

Let not the harmful ways of
the world be one
of the standing distresses
of your life.”

“Ard Rí, mo ghrá thu

2 March

Sometimes you have no choice
but to leave things to their own
destiny; interference would
be disastrous for you.”

“Ard Rí, mo ghrá thu

3 March

Life whatever way you look
at it is yet a mystery.”

“Ard Rí, mo ghrá thu

4 March

Rediscover the importance of clear
complete communion of thoughts
and the sheer beauty of love,
family and home.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

5 March

Silently bless your beloved; your
family as they go out of the
house; with gratitude
welcome them back home.”

“Ard Rí, mo ghrá thu

6 March

Keep fresh and precious the memory
of the first time you met your
beloved; ever have it be in
the near over there.”

“Ard Rí, mo ghrá thu

7 March

Don’t be saying to yourself
‘Perhaps when I’m older I
will be able to understand’ – no,
you can understand it now.”

“Ard Rí, mo ghrá thu

8 March

By the way you carry yourself;
gaze, talk and listen do you
project assurances of

Saint Johanna of Ériuland
Speaks, Saying:

respectability.”

“Ard Rí, mo ghrá thu

9 March

Stumbling blocks do but
momentarily block your way;
stumble headlong if you may,
but don’t fall; that is all.”

“Ard Rí, mo ghrá thu

10 March

Train you mind a little bit more
today to find its way
out of any difficulty; it is well
capable of doing so.”

“Ard Rí, mo ghrá thu

11 March

Here is something you may
have forgotten: you have known
yourself since you were little;
that you can trust.”

“Ard Rí, mo ghrá thu

12 March

On hindsight, you might have used

other words; better words in a
conversation, but the fact is
you didn’t; let it be.”

“Ard Rí, mo ghrá thu
13 March

Your conscience will give you
very little peace if you hold it to
too high a standard: ease up
and be pleasant.”

“Ard Rí, mo ghrá thu
14 March

Don’t let yourself be absorbed
in doubts as not to be able
to disentangle them.”

“Ard Rí, mo ghrá thu
15 March

Proper it is to take a holiday:
a right and beautiful thing
it is to spend some of your
savings on being happy.”

“Ard Rí, mo ghrá thu
16 March

Saint Johanna of Ériuland
Speaks, Saying:

You will be astonished at how
awkwardly some things will
happen; keep your presence
of mind intact.”

“Ard Rí, mo ghrá thu
17 March

Rather than blurting out
something, give yourself time
to prepare the form of
words in which to say it well.”

“Ard Rí, mo ghrá thu
18 March

With courage accept that at times
the absence of gratitude
and excitement to a suggestion
has its own good meaning.”

“Ard Rí, mo ghrá thu
19 March

There is no such thing as a foolish
daydream; daydream away, then
when well satisfied return to
what you were doing.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

20 March

You will wonder at extraordinary coincidences: you will just be about to say something and another will say it first.”

“Ard Rí, mo ghrá thu

21 March

Be a rock of obstinacy when it is absolutely the right thing to do; otherwise be flexible: flexibility being best.”

“Ard Rí, mo ghrá thu

22 March

Allow others to think whatever they will about you; you stay firmly with your own truths, be they great or small.”

“Ard Rí, mo ghrá thu

23 March

Let certain thoughts dwindle away for themselves until they seem less and less

Saint Johanna of Ériuland
Speaks, Saying:

important.”

“Ard Rí, mo ghrá thu

24 March

Have a new thought appear before you: a lovely refreshing thought; a thought worth taking some time to think about.”

“Ard Rí, mo ghrá thu

25 March

If you spend time thinking about something, don’t come away until some insight has made its presence known to you.”

“Ard Rí, mo ghrá thu

26 March

Observe a cat, horse, butterfly or bird and be surprised if you find them to be as it were: in an attitude of thought.”

“Ard Rí, mo ghrá thu

27 March

Make a chance to learn a second

Saint Johanna of Ériuland
Speaks, Saying:

or third language for a time may
well come when you will be
very thankful you did.”

“Ard Rí, mo ghrá thu

28 March

You won’t find any sight of yesterday,
today or tomorrow however
hard you strain your eyes
into the sky of night.”

“Ard Rí, mo ghrá thu

29 March

Never think there is nothing you
can do when you happen upon
some scene: at least, place
the egg back in its nest.”

“Ard Rí, mo ghrá thu

30 March

Take your time to figure something
out; it will dawn on you that
perhaps the reason why something
was is because . . .”

“Ard Rí, mo ghrá thu

31 March

Saint Johanna of Ériuland
Speaks, Saying:

Speak encouragingly and
comfortingly: stylishly returning
your words to a sound sense
of assurance that all is well.”

Mí Aibreáin

For all
aprilS
Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 April

When you happen upon the olden,
such as a twisting flight of ancient
stone steps worn with centuries,
pause to think.”

“Ard Rí, mo ghrá thu

2 April

When you first awake, stay lying
there in bed for a few minutes:
wonder on what you will see
out of your window.”

“Ard Rí, mo ghrá thu

3 April

Enjoy the feeling of putting
off biting into a favourite
chocolate: relish over it with
pleasurable anticipation.”

“Ard Rí, mo ghrá thu

4 April

Imagine your life thus far to be
not just made up of decades
but hundreds, if not even

Saint Johanna of Ériuland
Speaks, Saying:

thousands of years.”

“Ard Rí, mo ghrá thu

5 April

If you are feeling completely rested:
perfectly content after a night’s
sleep, then most assuredly
you are living right.”

“Ard Rí, mo ghrá thu

6 April

Today, you will discovery an entirely
new joy; ready your mind to be
able to recognise it when
it presents itself.”

“Ard Rí, mo ghrá thu

7 April

Look around your beautiful mind
as you would a very spacious room:
whose door you can temporarily
bolt if you need to.”

“Ard Rí, mo ghrá thu

8 April

You are in a place to see and feel

Saint Johanna of Ériuland
Speaks, Saying:

great beauty; look and breathe
the beautiful: feel it with joy.”

“Ard Rí, mo ghrá thu

9 April

Remove and cast off all burdens
to the winds; done be done
you with them: rejoice in your
newfound nakedness.”

“Ard Rí, mo ghrá thu

10 April

Some words will come quite
naturally into your mind:
know not you will from where
they have come, and
that is fine.”

“Ard Rí, mo ghrá thu

11 April

Be grateful for your many blessings:
it is no coincidence that you
are in this new day.”

“Ard Rí, mo ghrá thu

12 April

Saint Johanna of Ériuland
Speaks, Saying:

Choose clothes and colours
that bring a certain style
and honour to this new day:
if say sunny wear sunny.”

“Ard Rí, mo ghrá thu
13 April

When needs be move about with
quick, purposeful steps, otherwise;
that being most of the time,
take your time.”

“Ard Rí, mo ghrá thu
14 April

Let whatever worries you are
bringing with you into this new
day dissolve away into
the sunlight or the rain.”

“Ard Rí, mo ghrá thu
15 April

Have a good look in the mirror
to notice not just the obvious
but the left ignored forgotten
beautiful aspects of you.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

16 April

Allow yourself to be amused with
the idea of saying something
wonderful to someone;
then to them say it.”

“Ard Rí, mo ghrá thu

17 April

However much there is to be done
today take your time doing it:
if possible, leave not yourself
to be doing it alone.”

“Ard Rí, mo ghrá thu

18 April

Some ideas can only be reached by
certain routes: not at all directly;
give yourself time to figure
out those routes.”

“Ard Rí, mo ghrá thu

19 April

Enjoy appreciating little bits of beauty
when they present themselves for
that is what beauty-gathering

Saint Johanna of Ériuland
Speaks, Saying:

is all about.”

“Ard Rí, mo ghrá thu

20 April

You may today find yourself gazing at some scenery with the rapt expression of one who is seeing into another world.”

“Ard Rí, mo ghrá thu

21 April

With waking say Thanks; come the midday hour say Thanks, and with nodding off to night sleep say Thanks.”

“Ard Rí, mo ghrá thu

22 April

Be with the simple happiness of complete harmony with your surroundings; ask for nothing besides: slow breathe it.”

“Ard Rí, mo ghrá thu

23 April

Dangle your fingers among herbs;

Saint Johanna of Ériuland
Speaks, Saying:

stroll barefoot along a rippling
watery shore: about anything
worry no more.”

“Ard Rí, mo ghrá thu

24 April

Swiftly glance at some scenery:
taking in every inch of it before
becoming aware that you are
actually looking at it.”

“Ard Rí, mo ghrá thu

25 April

Let not clothes impose any kind of
slavery on you: you wear what is
for you comfortable, stylish
and dignified.”

“Ard Rí, mo ghrá thu

26 April

Ideas can oft come to us disorderly;
think as you chose from them
and all will be well: no one
will be able to tell.”

“Ard Rí, mo ghrá thu

27 April

Saint Johanna of Ériuland
Speaks, Saying:

Be independent for it is a good
thing to know what you want
and to do something
about getting it.”

“Ard Rí, mo ghrá thu

28 April

Independence is one thing, but
leave an opportunity for others
to feel good doing some
little thing for you.”

“Ard Rí, mo ghrá thu

29 April

Whether you say hello or not; whether
you wave or not, do acknowledge
a person’s presence: it could
just make their day.”

“Ard Rí, mo ghrá thu

30 April

Speak sound, warm and agreeable
words; sending them forth
with ample time to make the
crossing to the listener.”

Mí na Bealtaine

For all

mayS

Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 May

Enjoy letting your eyes admirably
follow a beautifully attired
person; complement them
if the chance arises.”

“Ard Rí, mo ghrá thu

2 May

Avoid having yourself listen to
yourself say things that you
had no idea of saying when you
had begun to speak.”

“Ard Rí, mo ghrá thu

3 May

Realise your blessings: you have a lot
more going for you than you
can possibly imagine.”

“Ard Rí, mo ghrá thu

4 May

Enjoy some momentary
reclusiveness entirely for yourself;
find it you will to be a really
nice thing to do.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
5 May

No need to say something as soon
as it comes into your head for
some things are best said later
or even not at all.”

“Ard Rí, mo ghrá thu
6 May

There is little point in being in
authority at the price of
your liberty; see to the carefree
of the birds of the air.”

“Ard Rí, mo ghrá thu
7 May

Whatever your age, allow not yourself
to slip into the absurd notion that
after a certain age no one
begins anything.”

“Ard Rí, mo ghrá thu
8 May

Look to the distant horizon; look
to the hills, to the sea, to
the clouds, to the starry heavens

Saint Johanna of Ériuland
Speaks, Saying:

and serenely wonder.”

“Ard Rí, mo ghrá thu

9 May

Sit under a tree and dream away
contentedly; if a rainy day, inside
a window: raindrops playing
with your thoughts.”

“Ard Rí, mo ghrá thu

10 May

Sometimes it is essential to your
comfort of mind that you
should be able to be apart awhile:
left alone to ponder.”

“Ard Rí, mo ghrá thu

11 May

Notice how unbelievably persistent
an ordinary everyday housefly can
be: quite amazing really.”

“Ard Rí, mo ghrá thu

12 May

Should you awake at night and
can’t so easily get back to sleep:

Saint Johanna of Ériuland
Speaks, Saying:

stay still; close or open your
eyes and dream away.”

“Ard Rí, mo ghrá thu

13 May

Without fuss or effort will some
ideas stylishly elude you; as
such no need to be forcibly
trying to grab them.”

“Ard Rí, mo ghrá thu

14 May

Don’t be waiting to kill an idea
as soon as it appears in your
mind; open instead a window
or door: let it fly free.”

“Ard Rí, mo ghrá thu

15 May

Be really determined: succeed in
doing what you want to do; be
quite indifferent to how
often you didn’t.”

“Ard Rí, mo ghrá thu

16 May

Saint Johanna of Ériuland
Speaks, Saying:

Once is enough, and even that is
way too much to be annoyed
by something or someone:
do something about it.”

“Ard Rí, mo ghrá thu
17 May

Refine the art of listening and playing
with words as to skilfully flow
your way around
conversational obstacles.”

“Ard Rí, mo ghrá thu
18 May

From the outset life presents few
details to you: by necessity you
have to pick them up along
the way: everyday.”

“Ard Rí, mo ghrá thu
19 May

Don’t water to excess flowers
in a window box or garden;
so too ideas in your mind:
don’t over think them.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
20 May

Have your words and way be delightful: a charming human being undoubtedly be.”

“Ard Rí, mo ghrá thu
21 May

If you have never wanted to think before: really think about your life; about everything and anything, then start now.”

“Ard Rí, mo ghrá thu
22 May

Momentarily; or for even a little longer if you like: allow a strange new and exciting desire to take hold of you.”

“Ard Rí, mo ghrá thu
23 May

Your life has not been a presence all about nothing: all about everything has it been: be as such confidently.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
24 May

Stop a moment and look round
you, pause and consider how
you have lived your life, in say,
the last day, even week.”

“Ard Rí, mo ghrá thu
25 May

Assuredly, a great deal of good can
come out of thinking but so too
a profusion of complications:
keep on thinking.”

“Ard Rí, mo ghrá thu
26 May

The setting sun will still be found
to be shinning on the hills;
everything else below
will be in shadow.”

“Ard Rí, mo ghrá thu
27 May

Not even a cat or bumblebee can
feel perfectly at ease if they are
being watched and know it:

Saint Johanna of Ériuland
Speaks, Saying:

privacy is elementary.”

“Ard Rí, mo ghrá thu

28 May

Living in the past is worthwhile,
so too in the present and future;
the best though is to live
in timelessness.”

“Ard Rí, mo ghrá thu

29 May

The past is not superior to the present
no more than is the present superior
to the future – live the day,
live the night.”

“Ard Rí, mo ghrá thu

30 May

Reminisce about the days long
gone by if it makes you happy;
if it doesn’t, enjoy making
the present wonderful.”

“Ard Rí, mo ghrá thu

31 May

Don’t let doubt about anything

Saint Johanna of Ériuland
Speaks, Saying:

spoil your breakfast; spoil
your morning: spoil
your entire day.”

Mí an Mheithimh

For all

junES

Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 June

From time to time withdraw old out of date ideas from the forefront of your mind: with new vibrant ones replace them.”

“Ard Rí, mo ghrá thu

2 June

Allow yourself a few moments to completely lose yourself in reminiscence: go as far back as you want.”

“Ard Rí, mo ghrá thu

3 June

True, you don’t have to like somebody but that is no reason for you not to be polite or even smile: be kind.”

“Ard Rí, mo ghrá thu

4 June

Seeing that always something will remind you of something, decide there and then how long you

Saint Johanna of Ériuland
Speaks, Saying:

want it to stay.”

“Ard Rí, mo ghrá thu

5 June

If anything is making you feel
undignified, don’t be putting up
with it: work on bringing
about some changes.”

“Ard Rí, mo ghrá thu

6 June

You certainly may have issues with
this, that and the other in the
world yet, faithfully
be amiable and courteous.”

“Ard Rí, mo ghrá thu

7 June

Don’t disturb your peace of mind
with saying something about
something you don’t
wish to say anything about.”

“Ard Rí, mo ghrá thu

8 June

Take the shortest cut to peace:

Saint Johanna of Ériuland
Speaks, Saying:

avoid via a superfluity of words
going the long way round.”

“Ard Rí, mo ghrá thu

9 June

What you might
all-good-intentionally consider
to be the proper remedy for
something may not be so
for somebody else.”

“Ard Rí, mo ghrá thu

10 June

Your attitude to life could be
coloured by one event in your
past; inwardly revisit it
to view your other choices.”

“Ard Rí, mo ghrá thu

11 June

It is easy to assume the media
is telling the truth; not so is
it to assume it is lying to you:
assume not, know.”

“Ard Rí, mo ghrá thu

12 June

Saint Johanna of Ériuland
Speaks, Saying:

There are some things said or done
that don’t require anything to
be said of them: downright
nonsense is what it is.”

“Ard Rí, mo ghrá thu
13 June

At times, there is no way to get
into or out of a conversation
by saying something; so,
contentedly remain silent.”

“Ard Rí, mo ghrá thu
14 June

Be of a very good sense of humour
for who knows it may act
as a lifesaver.”

“Ard Rí, mo ghrá thu
15 June

Those who daily culture themselves
to be of a wellbeing sense of
humour would consider
self-murder a deplorable act.”

“Ard Rí, mo ghrá thu
16 June

Saint Johanna of Ériuland
Speaks, Saying:

Today, give some long reflected
upon idea eyes to see, ears to hear
and a heart to understand.”

“Ard Rí, mo ghrá thu
17 June

No need to be remaining in
yesterday; even less to be
attempting to stay in today:
move along
for tomorrow awaits.”

“Ard Rí, mo ghrá thu
18 June

The loveliest of music is the speaking
voice: finely tune it
to fascinate and spellbind.”

“Ard Rí, mo ghrá thu
19 June

Have yourself above all belong
to yourself: be your own;
there daily is the invitation
and the challenge.”

“Ard Rí, mo ghrá thu
§ 20 June §

Saint Johanna of Ériuland
Speaks, Saying:

No need to be talking about
the things of love, beauty and passion
every waking hour: that would
be way too fatiguing.”

“Ard Rí, mo ghrá thu
21 June

It is not a waste of time being
beautiful; being gracious
and charming: this is what the
future has in it for you.”

“Ard Rí, mo ghrá thu
22 June

Your life is not the wrong way
round; true, you of today is not
the you of years ago: it was
never meant to be.”

“Ard Rí, mo ghrá thu
23 June

It is foolish by far to be letting
yourself think in terms of being
old for two or three times as
long as being young.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
24 June

Let this thought occur to you: there has been tens of thousands of years of people who have never heard of you.”

“Ard Rí, mo ghrá thu
25 June

Drifting in your thoughts about what best to do is hard: come to a good conclusion and live with joyful expectation.”

“Ard Rí, mo ghrá thu
26 June

If you were meant to be born a hundred or more years ago you would have been; like, love and live the times you are in.”

“Ard Rí, mo ghrá thu
27 June

Let not yourself fall into the habit of decrying all that is intrinsically

Saint Johanna of Ériuland
Speaks, Saying:

good and praising all that is
obviously not.”

“Ard Rí, mo ghrá thu

28 June

There is so much potential kindness
in the world; so much more
than enough for everyone:
be kind.”

“Ard Rí, mo ghrá thu

29 June

Desire for sheer goodness: desire
to love and be friends:
to love everybody and to be
friends with everybody.”

“Ard Rí, mo ghrá thu

30 June

Insights suddenly present themselves
and just as suddenly again instantly
disappear: be quick to make
a note of them.”

Mí Iúil

For all

julyS

Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
1 July

Don’t trick yourself into inviting
that which you ran away from
into the happy haven you
have now found.”

“Ard Rí, mo ghrá thu
2 July

It is easy to be bewildered by
someone’s way of thinking;
at times even by the world’s way,
but you must keep heart.”

“Ard Rí, mo ghrá thu
3 July

Surprisingly, our beloved
Planet Earth is on a healthier
and more natural footing
than we have been
led to believe.”

“Ard Rí, mo ghrá thu
4 July

Lovers, visit from time to time the
beginnings of your togetherness;

Saint Johanna of Ériuland
Speaks, Saying:

to the when and the where
of your first dates.”

“Ard Rí, mo ghrá thu
5 July

If you think you want to think
think, but if you don’t want
to, then let not your mind
be idle either.”

“Ard Rí, mo ghrá thu
6 July

Wear your clothes in such a fashion
that anyone would think they are
in love with your body: love
being close to you.”

“Ard Rí, mo ghrá thu
7 July

You have ideas and thoughts
that have been reappearing in
your mind for years: like unto
returning comets are they.”

“Ard Rí, mo ghrá thu
8 July

Saint Johanna of Ériuland
Speaks, Saying:

Wear some of your ideas as if they
were a translucent garment: you
have a beautiful mind,
let it show.”

“Ard Rí, mo ghrá thu
9 July

When the sun rises you are in
one world; when it goes down
another: keep the difference
always before you.”

“Ard Rí, mo ghrá thu
10 July

Have your words be brimming
over with fragrant subtle
sensuality; if you can’t, then your
best self-naturalness be.”

“Ard Rí, mo ghrá thu
11 July

Don’t plank yourself down
at the table of another’s
thoughts without their invitation
to do so: be a noble guest.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
12 July

Have your way and words be proper and most considerate: think a moment and think a moment before you do or say.”

“Ard Rí, mo ghrá thu
13 July

Dawn an interest in something new today: let the risen sun show you the way.”

“Ard Rí, mo ghrá thu
14 July

Have your mind be like a great field of golden corn bathed by golden sunlight and refreshed by gentle breezes.”

“Ard Rí, mo ghrá thu
15 July

Don’t change your mind about something if the change you are going to introduce is an even smaller point of view.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
16 July

Consider a moment how very different humanity would be if it were to make the most of itself instead of the least.”

“Ard Rí, mo ghrá thu
17 July

When you find your mind becoming overloaded with thoughts abruptly turn away from them: absently gaze into the sky.”

“Ard Rí, mo ghrá thu
18 July

When it comes to figuring out people: why they are thinking this or saying that, it is wiser not to conjecture.”

“Ard Rí, mo ghrá thu
19 July

Some substances even when taken

Saint Johanna of Ériuland
Speaks, Saying:

in moderation aren’t at all good
for your health: let not
yourself tell you otherwise.”

“Ard Rí, mo ghrá thu
20 July

Accept you will not be able to talk
to some people; something about them
or you won’t let it happen.”

“Ard Rí, mo ghrá thu
21 July

Don’t be so much preoccupied
with your phone or television as
to not notice how good a meal
is on the table before you.”

“Ard Rí, mo ghrá thu
22 July

Sensible intelligent people who
are talking seriously about interesting
matters can in an instant
talk pure nonsense.”

“Ard Rí, mo ghrá thu
23 July

Saint Johanna of Ériuland
Speaks, Saying:

If you are feeling miserable about anything; about something or anyone there is every chance it is your own fault.”

“Ard Rí, mo ghrá thu

24 July

Don’t be at all bothered if at times you come across as not perhaps quite what the world would have wished you to be.”

“Ard Rí, mo ghrá thu

25 July

It is admirable to be knowledgeable of many things but so too is it for you to be skilled in the art of tactfulness.”

“Ard Rí, mo ghrá thu

26 July

Put not love to too an extreme test for love has its own difficulties with being itself: to love is to be human.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
27 July

As a happily married couple sleep
comfortably next to each other
but the new day meet with the
affection of friends.”

“Ard Rí, mo ghrá thu
28 July

Don’t rush to act upon a sudden
found feeling: give yourself a little
time to get used to it; act
then if needs be.”

“Ard Rí, mo ghrá thu
29 July

You may not want to do something
at present but be ready for at
any moment you may be filled
with a desire to do so.”

“Ard Rí, mo ghrá thu
30 July

Reluctant be to listen to anything
sub-human: even more so, to
look at anything that is an

Saint Johanna of Ériuland
Speaks, Saying:

affront to humanity.”

“Ard Rí, mo ghrá thu

31 July

Repeating over and over again
tiresome formulae is not going
to make your day even though
you are convinced it will.”

Mí Lúnasa

For all

augustS

Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
1 August

Not everything needs to be talked over: just to be done and that is it.”

“Ard Rí, mo ghrá thu
2 August

Whatever the situation there needs to be a continuity of good words spoken and good thoughts thought.”

“Ard Rí, mo ghrá thu
3 August

Although things were done differently when you were younger; good ways have their own way of re-presenting themselves.”

“Ard Rí, mo ghrá thu
4 August

Be tempted not to inquire into everything; some things are best left as they are: even better still left unsaid.”

“Ard Rí, mo ghrá thu
5 August

Saint Johanna of Ériuland
Speaks, Saying:

What you might look upon as a
good idea others may not: they
are of a place where they know
not how to make use of it.”

“Ard Rí, mo ghrá thu
6 August

Outwardly your days can appear
to be quite uneventful but you know
otherwise: eventful truly
they have been.”

“Ard Rí, mo ghrá thu
7 August

We can get the feeling the world
is away in a world of its own but
most of the time we are not
sure what it is up to.”

“Ard Rí, mo ghrá thu
8 August

Have your days and nights be filled
with small adventures: your life
accordingly ever interesting will be.”

“Ard Rí, mo ghrá thu
9 August

Saint Johanna of Ériuland
Speaks, Saying:

Your interpretation of reality will no
doubt puzzle many: how they will
ask themselves is such
a contentment achieved.”

“Ard Rí, mo ghrá thu

10 August

Be not immune to the familiar
seasonal beauties about your
dwelling: indifferent to them
don’t be: look feel freshly.”

“Ard Rí, mo ghrá thu

11 August

Be careful that over familiarity,
custom and routine isn’t making
areas of your life all but
invisible to your mind.”

“Ard Rí, mo ghrá thu

12 August

May the air be so still as to feel you
are being levitated; the sunlight
so golden as to
see bird flight patterns.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
13 August

Have any cold damp thoughts be
transported into delicate warmth
caressed by fragrances sublime.”

“Ard Rí, mo ghrá thu
14 August

Let beauty surprise you; let the gentle
touch of your beloved’s
finger upon your wrist your
sensitivity excite.”

“Ard Rí, mo ghrá thu
§ 15 August §

Sometimes a lovely bright day
could be of a way as to feel
hard and cold; the mind too can
be of such and the same.”

“Ard Rí, mo ghrá thu
16 August

Metaphorically, fling off all your
garments from your mind
and dive straight into beauty:
unhesitatingly do it.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
17 August

Let things have an almost instantaneous influence on you: suspend them temporarily before your mind, then decide.”

“Ard Rí, mo ghrá thu
18 August

If your mind keeps trying to tell you something about yourself listen to what it has to say and act upon it.”

“Ard Rí, mo ghrá thu
19 August

If you wake up in a condition of regret: that you should have been so talkative the night before; fall asleep awhile.”

“Ard Rí, mo ghrá thu
20 August

Don’t waste your precious time trying to shake off some hurtful word said to you: already it

Saint Johanna of Ériuland
Speaks, Saying:

has gone on its way.”

“Ard Rí, mo ghrá thu

21 August

Spending too much time following
up some thoughts will let you
feel they have no intention
of being grasped.”

“Ard Rí, mo ghrá thu

22 August

There are certain thoughts that can
be difficult to dislodge: they keep
lingering on and on; slowly
going nowhere.”

“Ard Rí, mo ghrá thu

23 August

At intervals throughout the day
make way to say to yourself:
Now, I am going to think, then
go ahead and think.”

“Ard Rí, mo ghrá thu

24 August

Realise just how extraordinary it is

Saint Johanna of Ériuland
Speaks, Saying:

that your attention won’t stay
fixed: how easily it lets
thoughts slide sideways.”

“Ard Rí, mo ghrá thu
25 August

It can at times be absolutely
necessary to explain things in a
general way, even in a rather
vague circuitous way.”

“Ard Rí, mo ghrá thu
26 August

If a day is a day in which for some
unknown reason you are unable
to settle to anything, then
enjoy being restless.”

“Ard Rí, mo ghrá thu
27 August

Do not force yourself to be creative;
creativity will find you: merely
have yourself ready to receive
and act upon it.”

“Ard Rí, mo ghrá thu
28 August

Saint Johanna of Ériuland
Speaks, Saying:

Daily to be exercising your body
is wonderful, but you also need
to give proper exercise to
your mind: read and write.”

“Ard Rí, mo ghrá thu

29 August

You can feel that talking with
someone about something will
make it even more interesting;
reconsider that a moment.”

“Ard Rí, mo ghrá thu

30 August

You are not taking good care of
yourself if you are not giving
yourself time to think: memories
and desires need help.”

“Ard Rí, mo ghrá thu

31 August

You certainly can enjoy and
appreciate; really appreciate and
enjoy so many things alone
but so too with somebody else.”

Mí Mheán Fómhair

For all
septemberS
Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 September

Be still: be at peace with yourself
in garden or meadow and
even butterflies will come
and alight on your sunny palms.”

“Ard Rí, mo ghrá thu

2 September

All you need to say sometimes is
a single word or phrase to make
someone’s day: to greet
is a great thing.”

“Ard Rí, mo ghrá thu

3 September

When you feel the need to pray
pray; if you don’t just get on
with your day; anyway that will
be your prayer.”

“Ard Rí, mo ghrá thu

4 September

There is nothing out of the ordinary
with being so absorbed in
lovely thoughts as to forget

Saint Johanna of Ériuland
Speaks, Saying:

to do or say something.”

“Ard Rí, mo ghrá thu

5 September

Healthy it is not to overly cling to a reality: dreams remind us that incidents can be viewed very differently.”

“Ard Rí, mo ghrá thu

6 September

You don’t need to mind about everything and you don’t need to mind that you don’t mind about everything.”

“Ard Rí, mo ghrá thu

7 September

Leave yourself alone with your thoughts: don’t be interrupting yourself with this and that consideration.”

“Ard Rí, mo ghrá thu

8 September

Have the things of day stay in

Saint Johanna of Ériuland
Speaks, Saying:

the day; the things of dreams
in dreams: otherwise you won't
know where you are."

"Ard Rí, mo ghrá thu
9 September

Don't ever give up believing in
good, and not liking evil: both
drug and human trafficking
are intrinsically evil."

"Ard Rí, mo ghrá thu
10 September

You are and always will be
somebody special: different from
everyone else: precious in that
you cannot be repeated."

"Ard Rí, mo ghrá thu
11 September

Some thoughts; so many thoughts,
if not for the most part all
thoughts will always be residing
somewhere in your mind."

"Ard Rí, mo ghrá thu
12 September

Saint Johanna of Ériuland
Speaks, Saying:

You might think you are only living
a built-up semblance of happiness
but think again: have you
ever been happier?”

“Ard Rí, mo ghrá thu

13 September

Don’t suppose that little
thoughtless things said won’t
hurt; hurt they do and hurt
they can for the longest time.”

“Ard Rí, mo ghrá thu

14 September

Be patient when you feel
a discrepancy between the
splendour of Nature about
you and an emptiness
in your heart.”

“Ard Rí, mo ghrá thu

15 September

It is extraordinary how contented
you can be on what to others
might appear to be so little: enjoy.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
16 September

Your steadiness in serenity will be put to the test throughout the day: not once, twice but three times; stay serene.”

“Ard Rí, mo ghrá thu
17 September

Don’t be so confident as to presume you are ready for whatever comes your way: you don’t know what whatever is.”

“Ard Rí, mo ghrá thu
18 September

As a house so is your mind: daily open its windows and doors: even for a few minutes: give it a fine airing.”

“Ard Rí, mo ghrá thu
19 September

Enjoy making some reflective inquiries into the probable meaning of your life: the more

Saint Johanna of Ériuland
Speaks, Saying:

you come up with the better.”

“Ard Rí, mo ghrá thu

20 September

Be quick to perceive and even quicker
upon such a perception to act: that
a given opportunity might
never recur.”

“Ard Rí, mo ghrá thu

21 September

There is possibly no situation that
won’t open up some vistas
for you: possibility excels in
creating possibilities.”

“Ard Rí, mo ghrá thu

22 September

When a person exhibits a desire to
speak with you, treat their opinions
with the attention they deserve.”

“Ard Rí, mo ghrá thu

23 September

Try not to always say things the
minute they appear on your mind:

Saint Johanna of Ériuland
Speaks, Saying:

to wait a little can often be
an excellent choice.”

“Ard Rí, mo ghrá thu

24 September

There are thoughts you just have to
put from you: you can’t be
letting them continue to
interrupt your happiness.”

“Ard Rí, mo ghrá thu

25 September

When you find yourself in a state
of great contentment, be contented:
not wanting for any more
than what you have.”

“Ard Rí, mo ghrá thu

26 September

Quickly assimilate goodness and
beauty into your life: have a real
affinity with good and
beautiful things.”

“Ard Rí, mo ghrá thu

27 September

Saint Johanna of Ériuland
Speaks, Saying:

With done-with things have no more to do with them; that is what being done with done-with things means.”

“Ard Rí, mo ghrá thu

28 September

Be not under the impression alone that someone has done something wrong: is therefore responsible; find out for sure.”

“Ard Rí, mo ghrá thu

29 September

Out of doors is such a very big place; how big, well very big indeed, yet compared to one’s mind, who knows.”

“Ard Rí, mo ghrá thu

30 September

Every now and then you will say something you weren’t even aware that you knew it in the first place; how interesting.”

Mí Dheireadh Fómhair

For all
octoberS
Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 October

Find yourself a most agreeable quest and, then go in search of it: not stopping until you find it.”

“Ard Rí, mo ghrá thu

2 October

If you should find yourself unable to follow a certain attitude, come right out and say it: to your own self be true.”

“Ard Rí, mo ghrá thu

3 October

If you happen to fall out of the swing of an argument, don’t be bothered too much if you can’t get right back into it.”

“Ard Rí, mo ghrá thu

4 October

Insights are like presents generously given to you: the pleasure has been in presenting them; accept them gracefully.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

5 October

Think again, there may be a good deal more to a thought you let slip through your mind: go back and revisit it.”

“Ard Rí, mo ghrá thu

6 October

If a narrow idea were to provide you with some sense of wellbeing, imagine and marvel what a boundless idea would do.”

“Ard Rí, mo ghrá thu

7 October

Take the whole day to reflect and recognize the extraordinary benefits you have already received from life: be happy.”

“Ard Rí, mo ghrá thu

8 October

Merely to be yearning for something is only that: inactively yearning, you need to

actually do something about it.”

“Ard Rí, mo ghrá thu

9 October

Let yourself experience some loosening in your character: you may perhaps be wrong; even foolish about some things.”

“Ard Rí, mo ghrá thu

10 October

If you don’t reveal what is on your mind: when it would be helpful if you did; an ineffectual reality is the reality.”

“Ard Rí, mo ghrá thu

11 October

Make an effort to do something and there is at least a chance of it getting done; not to and there is manifestly none.”

“Ard Rí, mo ghrá thu

12 October

To be by one person loved and with

Saint Johanna of Ériuland
Speaks, Saying:

that same person to be in love
is to be of something that is
beyond a treasure.”

“Ard Rí, mo ghrá thu
13 October

Thoughts which only hurt the mind
can oft be timely dealt with, but
those hurt feelings of the heart
take much longer.”

“Ard Rí, mo ghrá thu
14 October

If you consider every suppose and
every suppose again you will
never know seeing that you
never tried: try.”

“Ard Rí, mo ghrá thu
15 October

There are things we dislike more
than anything: surely seeing 21st
century humans behaving like
12th century being
one of them.”

“Ard Rí, mo ghrá thu

Saint Johanna of Ériuland
Speaks, Saying:

16 October

Don’t be comparing yourself with
what you used to be; what you
used to be is what you used
to be: be the you of now.”

“Ard Rí, mo ghrá thu
17 October

Keep on developing your mind;
ripening your ideas: self-culturing;
this is what we ought to get
up for every morning.”

“Ard Rí, mo ghrá thu
18 October

Naturally some thoughts will make
you very uneasy; combine movement
and remaining still to soon
settle things for you.”

“Ard Rí, mo ghrá thu
19 October

If your life at present is full of light
and its good shadows, then
don’t digress into dark
moments of the past.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
20 October

Some ideas of yours can hardly be
called living: they are far from fresh;
dusty old spider webs:
be rid of them.”

“Ard Rí, mo ghrá thu
21 October

Where do interesting expressions
come from? How come they
suddenly present themselves
to our mind? A mystery.”

“Ard Rí, mo ghrá thu
22 October

Reflect on any possible thoughts,
ideas and words you may have
unconsciously picked up: in say
the last few days.”

“Ard Rí, mo ghrá thu
23 October

Don’t let anyone or any group
establish their personality in
your mind; your mind is yours:

Saint Johanna of Ériuland
Speaks, Saying:

be your own person.”

“Ard Rí, mo ghrá thu

24 October

Be not overly surprised by the sudden appearance in your mind of a sentence or phrase that you, never in your life used.”

“Ard Rí, mo ghrá thu

25 October

Although you do not actively listen, it is hard to avoid listening in spite of yourself you will have heard something.”

“Ard Rí, mo ghrá thu

26 October

If some thoughts are giving you difficulty, then go talk with that one person who you know will listen and understand.”

“Ard Rí, mo ghrá thu

27 October

You were not in somebody’s past;

Saint Johanna of Ériuland
Speaks, Saying:

you are in their present: all going
wonderfully well you will
be in their future.”

“Ard Rí, mo ghrá thu
28 October

Nothing especially important afoot
for now but observe attentively;
what you will come to appreciate
will amaze you.”

“Ard Rí, mo ghrá thu
29 October

Let not nuptial familiarity be slowly
blinding you to the attractiveness
of your beloved: look; new
daily it flowers.”

“Ard Rí, mo ghrá thu
30 October

Go out into the fields and valleys;
stroll along the shoreline; gaze
into the heavens to promote
expansion of thought.”

“Ard Rí, mo ghrá thu
31 October

Saint Johanna of Ériuland
Speaks, Saying:

When introducing yourself to someone, go beyond merely saying ‘I’m Marcus’ or ‘I’m Melany’: add something to same.”

Mí na Samhna

For all

novemberS

Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 November

If something is just a small matter;
certainly something not enough
to worry about, then confidently
leave it at that.”

“Ard Rí, mo ghrá thu

2 November

Don’t be surprised that beautiful
thoughts drop gently and fade
away quietly from your mind:
that is the way they are.”

“Ard Rí, mo ghrá thu

3 November

If you were happy and confident
doing and completing something,
then don’t second-guess yourself:
stand by your action.”

“Ard Rí, mo ghrá thu

4 November

Don’t waste your time or energy
attempting to resurrect a
long-deceased idea, instead to

Saint Johanna of Ériuland
Speaks, Saying:

an old idea give life anew.”

“Ard Rí, mo ghrá thu

5 November

Work is a great way to keep yourself focused; even so, every now and then take a break from it: take a holiday.”

“Ard Rí, mo ghrá thu

6 November

However hard you try to hide bothersome thoughts, your expression will show you have something on your mind.”

“Ard Rí, mo ghrá thu

7 November

Some of your ideas will not alone to others feel to be out of century, they will so to you feel to be: keep thinking.”

“Ard Rí, mo ghrá thu

8 November

Different times of the day will

Saint Johanna of Ériuland
Speaks, Saying:

oblivious to you be having a
subtle effect on you: dawn and
eve you will be different.”

“Ard Rí, mo ghrá thu
9 November

You are more precious than you
realize; be so be in the very
best of all round health:
there is no excuse.”

“Ard Rí, mo ghrá thu
10 November

As long as you can’t see the future,
you can have hope; you can, if you
choose to enjoy imagining
what will happen.”

“Ard Rí, mo ghrá thu
11 November

Physically, parents are impossible
to have younger than oneself, but
when it comes to minds;
older can feel younger.”

“Ard Rí, mo ghrá thu
12 November

Saint Johanna of Ériuland
Speaks, Saying:

Choose any an established
interpretation of reality: place
it as foundation for your
own insights; can you
build on it?”

“Ard Rí, mo ghrá thu

13 November

Enjoy watching a sensual thought
slowly take shape in your mind;
with eager interest watch as
to its unfolding charms.”

“Ard Rí, mo ghrá thu

14 November

If you don’t have to do something
right away, then don’t do it:
happily leave it for things
can keep quite well.”

“Ard Rí, mo ghrá thu

15 November

It is good for you to know that you
have made an impression on
someone: a lot more there

Saint Johanna of Ériuland
Speaks, Saying:

is to you than you realise.”

“Ard Rí, mo ghrá thu

16 November

Smile all the while for a smile
makes a person more attractive
than ever: enjoy being of this
expression of forever.”

“Ard Rí, mo ghrá thu

17 November

Listen to yourself as you speak:
hear yourself saying you will things
that are really interesting;
even profound.”

“Ard Rí, mo ghrá thu

18 November

Have refreshing places in your
mind, like onto verandas: places
all sun-drenched and with
beautiful views.”

“Ard Rí, mo ghrá thu

19 November

On your first date, don’t try to tell

Saint Johanna of Ériuland
Speaks, Saying:

everything about yourself:
that is what a longer term
relationship is for.”

“Ard Rí, mo ghrá thu
20 November

It goes without saying, better by
far to be broad-minded for
even a few moments of the day
than narrow-minded all day.”

“Ard Rí, mo ghrá thu
21 November

Some ideas will present themselves
to you as alike unto a human of
absolute loveliness standing
in a sunlit doorway.”

“Ard Rí, mo ghrá thu
22November

Enjoy playing with words; balancing
sentences and being admirably
clear; this enjoyment is for
you first and foremost.”

“Ard Rí, mo ghrá thu
23 November

Saint Johanna of Ériuland
Speaks, Saying:

It is a good idea sometimes to hold
on to a thought for no longer
than the duration of it
presenting itself to you.”

“Ard Rí, mo ghrá thu
24 November

Don’t bother yourself about
any other thoughts when you find
yourself come face to face
with a dream-thought come true.”

“Ard Rí, mo ghrá thu
25 November

Were your peaceful and liberating
thoughts to be interrupted;
even perhaps brought to a close:
go with the flow.”

“Ard Rí, mo ghrá thu
26 November

A frown a day can surely help
keep trouble away: if no trouble
is to be found; don’t be
frowning around.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
27 November

Keep your mind well focused:
let not it be knocking against
the corner of this thought and
the frame of the other.”

“Ard Rí, mo ghrá thu
28 November

Wander your mind aimlessly
for a few moments, even for a few
minutes: your mind will
greatly welcome the relaxation.”

“Ard Rí, mo ghrá thu
29 November

Plant a lovely idea-seedling in your
mind; lovingly tend to it: patiently
giving all the time it needs
to fully grow.”

“Ard Rí, mo ghrá thu
30 November

Don’t be wanting anything of anybody:
be complete in yourself and respectful
of other people’s completeness.”

Mí na Nollag

For all

decemberS

Hitherto and Henceforth

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu

1 December

Things will happen all because
of someone else’s actions or
inactions: don’t be giving
yourself a headache over it.”

“Ard Rí, mo ghrá thu

2 December

Set off strolling in the near hills
of your mind: there in spots
where you have never visited
before enjoy searching.”

“Ard Rí, mo ghrá thu

3 December

Treat yourself to simple pleasures:
the sun shimmering on waters,
the fragrance of flowers;
happily chatting people.”

“Ard Rí, mo ghrá thu

4 December

Draw in a deep breath of
gratitude and pleasure for the
blessing of good health; for

Saint Johanna of Ériuland
Speaks, Saying:

the giving and receiving of love.”

“Ard Rí, mo ghrá thu

5 December

Let your walking style awhile be slow and considered; even pause awhile do when something wonderful comes into view.”

“Ard Rí, mo ghrá thu

6 December

When you have reached the end of firsthand knowledge, don’t proceed to invent, in order to answer any further inquiries.”

“Ard Rí, mo ghrá thu

7 December

Give light of day to some entertaining ideas you have: some latitude to any charming stories real or imaginary.”

“Ard Rí, mo ghrá thu

8 December

Lying awake in bed in the dawn:

Saint Johanna of Ériuland
Speaks, Saying:

unable to go back to sleep,
consider some words, thoughts
and feelings from yesterday.”

“Ard Rí, mo ghrá thu
9 December

You in yesterday was like having
been on a holiday, now you are
home: enjoy the feeling that
somehow you have changed.”

“Ard Rí, mo ghrá thu
10 December

In the morning you were lightly
thinking about something; by
afternoon hardly at all; come
eve full of worry, why?”

“Ard Rí, mo ghrá thu
11 December

It is fun to be admired: little
interludes of admiration can go
a long way to making your day;
a generous admirer be.”

“Ard Rí, mo ghrá thu
12 December

Saint Johanna of Ériuland
Speaks, Saying:

Have pleasure making yourself
look good: dress stylishly;
surprise yourself at how good
you can make yourself look.”

“Ard Rí, mo ghrá thu
13December

While verbally we wouldn’t
intentionally wound anyone; once
in the blue moon we do: not
being aware we have; sorry.”

“Ard Rí, mo ghrá thu
14 December

If you find you have had enough
of a certain way of looking at
reality: that it is no longer tenable;
look elsewhere.”

“Ard Rí, mo ghrá thu
15 December

Get up; watch the sun rise; go out,
watch the stars appear, too the new
full moon glow; however so,
look to the sky.”

Saint Johanna of Ériuland
Speaks, Saying:

“Ard Rí, mo ghrá thu
16 December

Well attuned have your eyes, ears
and nose be: as to be attracted
on your way by beauties,
chimes and fragrancies.”

“Ard Rí, mo ghrá thu
17 December

Stand quite still on the top of a hill:
don’t look up, look down or
around about but out front:
sense the mystery.”

“Ard Rí, mo ghrá thu
18 December

Whatever principles you uphold
with regard to this, that and
the other; if they aren’t making
you content, ditch them.”

“Ard Rí, mo ghrá thu
19 December

If something appears to you to be
like unto a dream fleeing before
the coming of dawn sunlight,

Saint Johanna of Ériuland
Speaks, Saying:

don’t try to grab it.”

“Ard Rí, mo ghrá thu

20 December

Let not a day by go anymore that
doesn’t include some hopes,
dreams and visions: be not
by how old you are subdued.”

“Ard Rí, mo ghrá thu

21 December

No need is there to be trying to
bring back your yester years:
your youthfulness; it and they
are always with you.”

“Ard Rí, mo ghrá thu

22 December

By saying or doing nothing will not
prove that you were not there;
show it will rather that you
said and done nothing.”

“Ard Rí, mo ghrá thu

23 December

When you find you have ceased to

Saint Johanna of Ériuland
Speaks, Saying:

be able to think at all about
something, enjoy that feeling
for it won’t last long.”

“Ard Rí, mo ghrá thu
24 December

When you happen upon a beautiful
scene have not only your eyes
fixed on it; have your whole
body concentrate on it.”

“Ard Rí, mo ghrá thu
25 December

Nothing is ever an extraordinary
piece of good fortune: what
happens has its own meaning
and is no coincidence.”

“Ard Rí, mo ghrá thu
26 December

Let a lovely thought lead you
whither it will: up hill down valley
with it float away;
don’t attempt to catch it.”

“Ard Rí, mo ghrá thu
27 December

Saint Johanna of Ériuland
Speaks, Saying:

You may think, Oh, today is just
another day of all the days
of days; come the end of it
have a good rethink.
Was it?”

“Ard Rí, mo ghrá thu
28 December

We may speculate about what is or
isn’t going to happen but the
truth of the matter is
nobody can say for sure.”

“Ard Rí, mo ghrá thu
29 December

To be able to hide your emotions
as to not show as much as the
faintest shadow of surprise
on your face takes practice.”

“Ard Rí, mo ghrá thu
30 December

Beholding the full moon above
the horizon think of all the people
through the millennia who

Saint Johanna of Ériuland
Speaks, Saying:

have enjoyed the same.”

“Ard Rí, mo ghrá thu

31 December

When your mind is bright glowing,
nobody will want to or can put it
in the shade: too evidently
will it be shinning.”

Biography

Richard Mc Sweeney: Risteárd Mac Suibhne of the isle of Éire
is a self-designated Planet Earth philosopher of the natural
happy kind; a self-originator who enjoys expressing his insights in a charmingly personal prose-poetic style.

Richard the son of Risteárd Mac Suibhne (1923-1985)
of Baile Mhúirne & Siobhán Ni hÉalaighthe
of Gleannúir (1936-2021).
He is a native of Mainistir Fhear Muighe.

He was a PhD candidate in Chinese Taoist Philosophy
□□□□ Lao-Tzu/Chuang-Tzu in Seoul
National University, Republic of Korea.

He lived in Korea for thirteen years; in the Kingdom
of Saudi Arabia for three years and a further three
in the United Arab Emirates respectively.

He is happily married to Lee Sung-ja □□□ of Seoul.
Since 2001 they have been living in Ireland.
Their son and daughter are also happily married
and have children of their own.

He enjoys reading Classical Chinese □□.

He likes to say:

“Always I keep before me the belief
that my best originality is yet to come.”

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